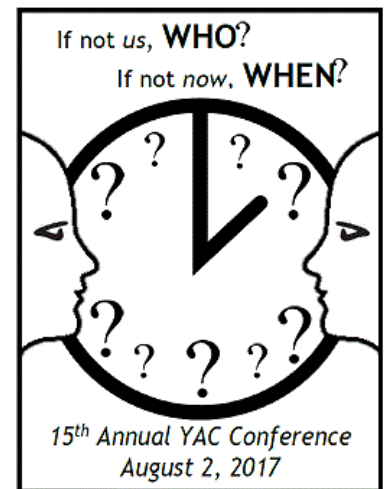


# DELAWARE YOUTH ADVISORY COUNCIL

## Morning Workshops (Pick Two)

### 1. Foster Care Inside My DNA: Doesn't Negate Achievement (Maximum Slots-25)

People who have ever experienced foster care know how it has the power to negatively impact them in their everyday lives, especially in creating lasting relationships. This workshop shifts the focus on foster youth from the qualities that youth are told they lack to what qualities they possess. It is designed to help youth in care focus on those unique qualities they may not even realize they have as a direct result of growing up in the foster care system: survivability, adaptability, compassion, insight, faith and loyalty to name a few. The goal of this workshop is to help students view their experience in foster care as an advantage rather than a disadvantage to the lives they hope to achieve after care.



### 2. *Communicating...* how can I get others to understand me, and how do I understand them? (Maximum Slots-25)

- How to move past damaging messages you came to believe about yourself while growing up
- Develop skills to get others to understand your point of view
- Body language – what nonverbal messages are you sending? What nonverbal messages are others sending to you?
- Strategies for coming across as a more likeable person
- Techniques for maintaining your composure when you feel like losing your cool

Are you tired of not being understood? Do you have trouble communicating with difficult people? Learn how to think about yourself, handle problem people, and deal with sticky situations in this workshop. You'll feel better about yourself and have new confidence in your abilities once you put these tips and skills to work.

Life skills addressed in this workshop:

- Self-Resilience and Self-Esteem
- Effective Communication
- Anger Management
- Conflict Resolution
- Social Skills (& be More Likeable)

### **3. PAWS with a Cause (PAWS for People Pet Therapy) (Maximum Slots-25)**

This workshop will introduce participants to pet-assisted visitation. Pet therapy teams will share their experiences with the process of becoming a certified pet-therapy team and the visitation that they have engaged in with their pet. PAWS for People has over 400 volunteer therapy teams who visit in hospitals, assisted living facilities, schools, libraries, drug and alcohol rehab, just to name a few. Participants will learn about the various programs of PAWS for People and the lives that it touches.

### **4. Be the I in FBI (Maximum Slots-25)**

Are you interested in Law Enforcement or Forensics? Solving crimes, helping victims and preventing violence in our communities is an important job. Hear how to interview, look for evidence, connect victims to resources and so much more. Come hear from FBI professionals who can give youth interested in this field the inside scoop.

## **Afternoon Workshops (Pick One)**

### **4. You're Not Alone! (Maximum Slots-50)**

Come and enjoy other foster youth in your shoes. Along with fun games and activities. See what it's like to become a family with other youth. Foster care=Family! YAC leaders will conduct team building activities and help build a supportive environment. This will also give youth the ability to learn more about YAC.

### **5. How Do I ..... ? (Maximum Slots-50)**

Ever been in a situation where you were not quite sure what you should do? This part of growing up and becoming an adult can be challenging. Life requires many different actions and reactions to a variety of situations. Come participate in this interactive workshop designed to help youth learn and role play how to get the best results in every situation.